



Sunrise Happenings

Where do we begin? In an effort to cater to all interests and hobbies of our 55+ population, we continue to add more and more programs! If you haven't already, we invite you to check out our regular programming as shown below in the daily calendar, as well as encourage you to get involved with one of our active hobby clubs. Also, if you have a hobby and would like to start a networking club, just give us a call! We encourage all interests at the center! Our focus this upcoming season will be to get you fit, healthy,

and active with the addition of Zumba Gold and Seniorcise classes! Obviously, we can't put everything that goes on at the center in this brochure, so be sure to check out the channel #13 access channel or stop by the center for updated information on trips or programs! We're always adding stuff! Again, we would like to say thank you to all those who have made this activity center such a wonderful place to come and enjoy a day with friends.

Save the Date!

**July Jubilee
Saturday,
July 10th**

**A day full of
Artists, Crafts, Food,
Special Events,
and so much more!**

**More details to follow.
or call for more
information
659-4469**

Join a Hobby Club!

Established (see calendar)

- ~Craft Club - (1x/wk)
- ~Walking Club (3x/wk)
- ~Garden Club (April)

Recruiting members:

- ~Quilting Club (2x/mth)
- ~Travel Club (1x/month)

Join a Bowling League!

Wii Bowling League
Will run March - May
(Fridays, 2x/mths)
Sign-up and dates posted
at Center!

Join the Jubilee Committee!

The first July Jubilee
planning committee
meeting will be on
Monday, Feb. 22nd @
1:15pm. Join the Fun!

Join the Silver STARS Acting Troupe

The 2010 play production
will be announced in
March! Then rehearsals
will run (1x/week)
Performance will be held
in the summer!

Call 659-4469

MON

OPEN
8:45am-3pm

8:45 - 9:15am
Walking Club

9 - 11:00am
10 Cent Bingo

11:30-12:00pm
Congregate
Lunch Social

12:15pm - 1pm
Zumba Gold
(see details on
opposite page)

2nd Monday
Matinee Mondays
.50 cents
Includes Popcorn
& a Movie!
Movie starts
@1:15pm

February 8: Up!
March 8: Julie & Julia
April 12: Roman Holiday
May 10: On Golden Pond

TUES

OPEN
8:45am-3pm

9 - 10am
Coffee Hour

9 - 11am
Wii Bowling
practice,
Cards & Games

11:30-12:00pm
Congregate
Lunch Social

12:15pm-1pm
Sunrise Seniorcise
(see details on
opposite page)

Floral Arrangement
1 x month classes
offered at this center
(see page 11
for details and dates)

All are welcome
to join in.

WED

OPEN
8:45am-3pm

8:45 - 9:15am
Walking Club

9am - 10am
Coffee Hour

9am - 11am
Craft Club

11:30-12:00pm
Congregate
Lunch Social

1:30pm - 3pm
Line Dancing

Also, Wednesdays
are generally
reserved for
other classes &
Lunch Trips 1x/mth
Stop by the center
for updated flyers.

THURS

OPEN
8:45am-3pm

9 - 10am
Coffee Hour

9 - 11:30am
Board Games
& Dominoes

11:30-12:00pm
Congregate
Lunch Social

12:30-2:30pm
10 Cent Bingo

1st Thursday
9am - 2pm
R.V.N.A.
Foot Clinic

Rockingham County
Nutrition
Meal Specials
Jan 14, Feb 11,
March 11, April 15,
May 6, & June 17

FRI

OPEN
8:45am-3pm

8:45 - 9:15am
Walking Club

9 - 10am
Coffee Hour

10 - 12pm
Brunch & Learns
with Exeter Hospital
1x / month
(see dates &
details below)

9 - 11am
Wii Bowling League
(2x/month)
March - May
(sign up to be on a
team of 4)

11:30-12:00pm
Congregate
Lunch Social

Get Up, Get Active, Be Alive at 55+

Rise & Shine Brunch & Learn

A Partnership of the Sunrise Sunset Center & Exeter Hospital

Due to popular demand we will be continuing our Fit for Life Fridays, with our friends at Exeter Hospital. Below is our line up dates and topics of discussion for our Rise & Shine Brunch & Learn, which will also include fun social games, a raffle, and of course, a healthy delightful breakfast buffet.

What a way to start your day! Save the dates!

Friday, 10am - 12pm February 26th - Getting to the Heart of the Matter

Friday, 10am - 12pm March 19 - Colorectal Cancer - Preventable Treatable & Beatable!

Friday, 10am - 12pm April 23 - The 411 on the 911 - Are you ready for an emergency?

Friday, 10am - 12pm May 21 - SUN 101 - Its never too late to prevent skin cancer!

Please call 659-4469 to register, space is limited.

These rejuvenating mornings are just only \$5/ person (to be paid at door).



Healthy Lifestyle Activities!

NEW - Zumba Gold Fitness

This amazing aerobic program is very easy to follow so anyone at any age will be able to do Zumba Gold. The Zumba® Gold Fitness program was designed for the true beginner, people who are not used to exercising, people who may be limited physically, and/or the active older adult. Zumba Gold is done at a lower intensity, but it certainly is as fun and all the same great Latin styles of music and dance are used. Supportive soft sole shoes are preferred.

When: Mondays, 12:15pm - 1:00pm - Starts Feb. 22nd
Cost: \$4 drop-in class

Traditional Line Dancing

Get up, Get Active and get moving again with Newmarket's traditional line-dancing class. The Sunrise Sunset Center will be at it again offering line dancing instruction to a variety of music that will get you moving and grooving again. Supportive soft sole shoes are preferred.

When: Now on Wednesdays, 1:30pm - 3:00pm
- Starts Feb. 24th
Cost: \$4 drop-in class fee

It's BACK! Sunrise Seniorcise

As promised, we have brought back our low intensity chair aerobics & strength training program. This class will be broken down into 4 segments: warm-up stretches, resistance exercises (light weights optional) low intensity aerobic moves to rhythmic music and end with relaxation breathing and cool down exercises.

When: Tuesdays: 12:15pm - 1:00pm - Starts Feb. 23rd
Cost: Free!

"Spare" sometime for Wii Bowling!

Why not join in on the latest 55+ sport ... Virtual Wii Bowling. Its really easy and anyone, no matter your age, can play. We now have over 12 Active Bowlers! Our Wii Bowling league will start in March and will run twice a month on Fridays through May. Sign-up sheet and dates will be posted at center!

When: Every Tuesday Practice: 9:30 - 11:00am
Friday League Play: 9:30 - 11:00am
Teams of 4 will alternate play
Cost: Practice on Tuesdays is always Free!
\$5 person entry fee for League Play

Sunrise Sunset Internet & Computer

We're happy to announce that the activity center now has a public computer with access to the Internet for our 55+ population! Do you like to play games on the computer? Would you like to be able to keep in touch with friends/family? Are you into researching subjects of interest to you on the web? Whatever your reason, the public computer will be available during the facilities hours of operation. Note: Closing hours of operation can vary daily. Please call to make sure we'll be open at that time.

Other activities / upcoming events:

~Overnight trips and sporting events (See page 11 for details)
~Safety Driving Classes with ARRP - dates TBA
~Theatre trips to the Leddy Center and the Ogunquit Playhouse - TBA on shows and performance dates.

Lunch Bunch Day Trips

It's Showtime at Spinellis!

Join us as we travel down to Lynnfield MA, to enjoy an afternoon of entertainment with the infamous "Senior Tones!" This group of men is "hard-to-describe!" They sing, they play all kinds of instruments, they tell stories, at any rate, you'll be glad you came! The day will include: live music to dance to, a complete luncheon "Boston Baked Scrod" at beautiful Spinelli's banquet facility, formally the "Town Line," then the Senior Tones will perform!

When: Wednesday, February 10
Leave Center at 10:15am, return approx. 4:30pm
Cost: \$48 / senior (all inclusive)
Register by: 2/3 to reserve your seat! (limit 14 ppl)

Rooster Revue Variety Show at the Stone Mountain Arts Center

The Stone Mountain Arts Center is nestled in the foothills of the White Mountains. Once inside we'll be treated to a delicious luncheon in the beautiful timber framed banquet room featuring a glorious view, cathedral ceiling, and antique charm. After a gourmet home-cooked meal, we'll have time to relax as the Rooster Revue variety show takes over. The Rooster Revue, hosted by nationally acclaimed folk singer Carol Noonan, is all about music, laughs, and fun.

When: Tuesday, March 16th "St. Patrick Day Show"
Leave Center at 9am, return approx. 5pm
Cost: \$47/senior (all inclusive)
Register by: 2/19 to reserve your seat! (limit 14 ppl)

Mmmm... Parker's Maple Barn

Parker's Maple Barn, in Mason NH, is known throughout New England for their famous hearty breakfast menu, especially their famous Parker's Maple Barn Special served with their very own maple syrup! After breakfast, we have time to tour the Sugar House where we'll witness the whole Maple Sugar making process. There's also a gift shop! Doesn't this trip sound delicious!

When: Wednesday, April 14th
Leave Center at 8:30am, return TBA
Cost: \$8/senior (breakfast not included)
Register by: 4/9 to reserve your seat! (limit 14 ppl)



Castle on the Hill on Crane Estate

Time for us to experience the grandeur of a seaside estate and its marvelously landscaped grounds, notable for a broad magnificent lawn running down to the shore. Our time will be spent touring the 59 room Stuart-Style mansion filled with period antiques, as well as leaving time to walk the beautiful grounds. Afterwards, we'll have lunch in a nearby restaurant.

When: Wednesday, May 26th
Leaving Center at 9am - Return approx. 3pm
Cost: \$17 /person (lunch not included)
Register by: 4/26 to reserve your seat!

